

Specialist Sleep Service



Are any of these an issue for a child or young person in your family?

- Difficulty getting to sleep
- Difficulty staying asleep
- Waking early or sleeping in
- Nightmares/terrors/sleep walking/restless legs
- Suddenly falling asleep at inappropriate times
- Lacking energy in the day despite sleeping an appropriate amount

ADD-vance now offer sleep coaching over Zoom!

One of our Specialist Sleep Coaches will work with you to improve the sleep of the child/young person. Just complete the self-referral form on our website, located under 'Specialist Services'. This is a paid for service.

Meet Miriam - Specialist Sleep Coach



Miriam is currently studying a masters in Cognitive & Affective Neuroscience at Aston University following on from her undergraduate in Psychology. She also works as a research assistant on a study researching sleep & behaviour in autistic children with intellectual disabilities.

Having completed training in sleep coaching, Miriam was delighted to start a sleep service within ADD-vance to further support families struggling with sleep. It is her mission to ensure everyone gets enough sleep to thrive in life!